

CAMBRIDGE REGION

GreenWave

The Local Alternative

No 6

**Baby Milk Scandal
Nitrates
Food Additives
Sabotaging The Hunt**

**Plus Local Contacts
and Events**

FREE: E - Code Pullout

MARCH-APRIL 1985

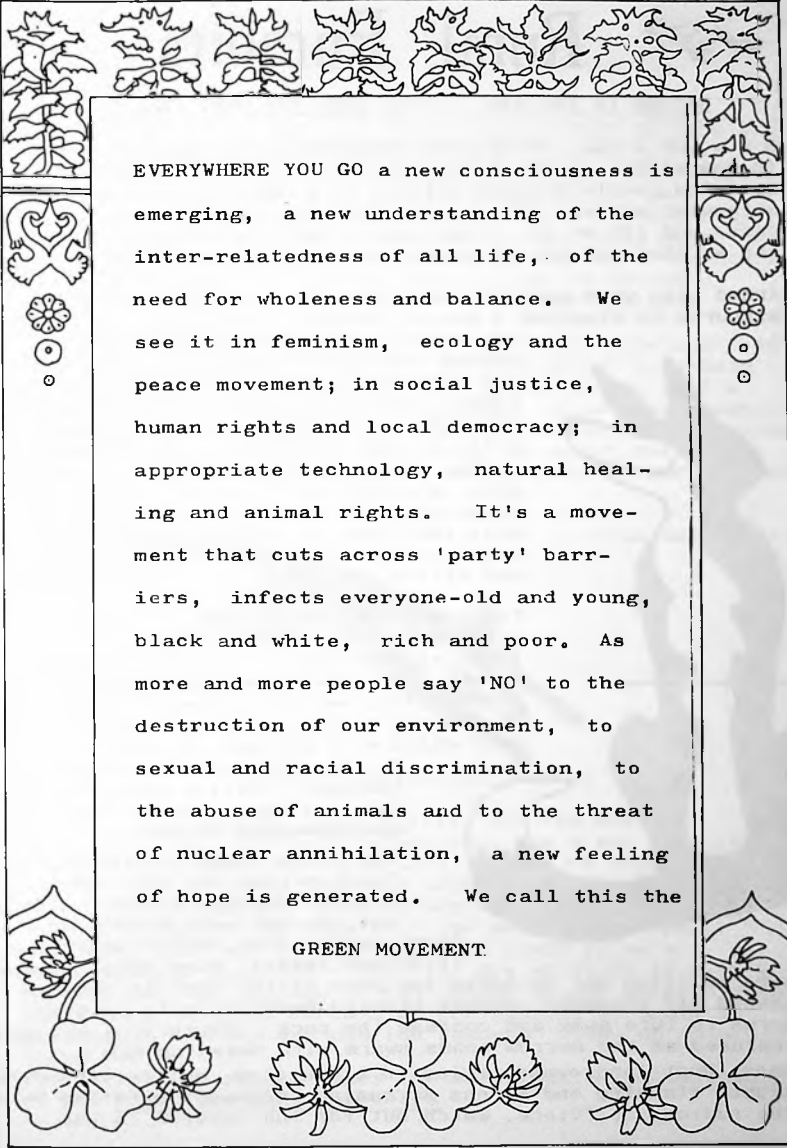


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EVERYWHERE YOU GO a new consciousness is emerging, a new understanding of the inter-relatedness of all life, of the need for wholeness and balance. We see it in feminism, ecology and the peace movement; in social justice, human rights and local democracy; in appropriate technology, natural healing and animal rights. It's a movement that cuts across 'party' barriers, infects everyone-old and young, black and white, rich and poor. As more and more people say 'NO' to the destruction of our environment, to sexual and racial discrimination, to the abuse of animals and to the threat of nuclear annihilation, a new feeling of hope is generated. We call this the

GREEN MOVEMENT



Rural Pursuits

NATURE IN THE RAW - A DAY WITH THE HUNT SABOTEURS

8 a.m. on a raw, crisp Saturday morning in January, somewhere in Cambridge. A few passers-by glance at the forty oddly-assorted people waiting quietly in a huddled group. The last straggler arrives and we pile into our three vans and two cars, and off we go. Cambridge's Hunt Saboteurs are heading for another day out stopping hunters killing animals.

Armed only with hunting horns and spray bottles of various mixtures to disguise a hunted animal's scent, we drive across

the county to rendezvous with similar groups from Luton, Norwich, Northampton and Aylesbury. We're hitting a big Hunt today, and we've joined up to hit them in strength. Looking at the Sabs in my van, we're an odd assortment - schoolkids, punks, some tough-looking, quiet young guys, a middle-aged lorry driver, a young woman who simply says she's a 'housewife': what they have in common is a compelling urge to stop wild animals being chased and killed for "sport".

The rendezvous made, maps are checked, plans laid, CB radios distributed, van-loads of Sabs sent to selected ambush points, the assembling Hunt under secret observation, we settle down to wait for the hounds to move off, and for the radio call which will trigger us into a day of

furious skirmishes with mounted huntsmen, terrier men, burly Hunt followers, police and the odd, demented farmer.

The voice crackles over the CB: "Hunt moving off north-east towards Beargreen Wood ... Mike can you get your people in

there before they arrive and clear it of any foxes? Vans start moving,

Sabs spilling out to spray the path of the Hunt to put the hounds off the scent, others blowing hunting calls on their horns to lure away and confuse the pack. Everything becomes confused as the narrow roads swarm with speeding Sab vans, Hunt landrovers trying to block them, police cars with lights flashing and sirens screaming, messages bursting over the radios ... "Vince, watch out for the lunatic in the

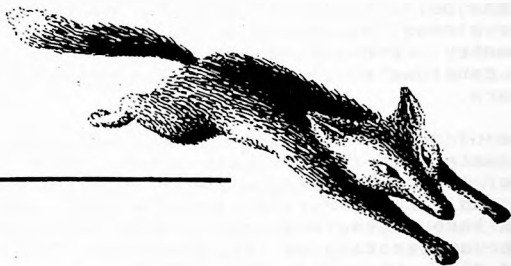


Rangerover who tried to put us in a ditch" ... "Head for the bridge and we can put spray down and maybe delay them" ... "Just passed Des - the cops have stopped him and they're being searched".

As the Hunt moves through the woods, small bands of Sabs try to get close. Crashing through the dark shrubbery they emerge into a clearing - confronting five squat and heavy terrier men who are about to dig a fox out of its earth. A few seconds' silence as we weigh each other up, then we all move towards the middle of the glade, neither side about to give way. Down below the fox huddles in its lair. Suddenly the police crash in and hustle everyone out of the wood, including the hunters, to prevent the imminent battle.

As twilight grows, the Master of Hounds blows "gone away" and the Hunt heads for home. Nearby the Sabs gather to assess the day and check all our people are accounted for. It's agreed the day's score is 2 - 2: the Hunt killed two foxes, and we saved two. We talk over the day - where we went wrong, where we did well. We drift off, some for a hot bath, some for a pint. All getting ready for next Saturday, and another brush with the Hunt.

Sean Gallagher ●



RURAL PURSUITS POST SCRIPT

The Hunt Retribution Squad briefly hit the national headlines just before Christmas when the grave of a leading huntsman was interfered with. Should we regard this as the sort of thing that can happen in any movement when zealous members, keen to publicise their cause, fail to consider the impact of the particular type of publicity they may get? Or does the event raise a serious moral question - that is, are we right to glibly assume that the carcass of the hunter is any more or less sacrosanct than the carcass of the hunted? We shall be pleased to receive and publish readers' views on this issue.

The article above describes the more routine activities of the Cambridge Hunt Saboteurs.

NITRATE DANGER ?

NITRATE POLLUTION IN EAST ANGLIA

March 1985 will be a crucial month for campaigners attempting to prevent Water Authorities from by-passing important EEC legislation on control of nitrate levels in drinking water. Nitrates are a controversial subject, and there have been regular reports from concerned scientific and environmental bodies suggesting that ingestion of high nitrate levels may be linked to certain cancers in adults and with methaemoglobinemia (blue baby syndrome) in infants and young children.

Many Water Authorities have lodged applications with the Department of the Environment (DoE) for enabling Derogations which will effectively allow them to breach the safety levels for nitrates in drinking water. These safety levels are enshrined in the EC Directive Relating to the Quality of Water intended for Human Consumption (80/778/EEC). The DoE have indicated that they will make a final decision on such applications in March 1985.

East Anglia now has particular difficulties, as its sources of drinking water already contain some of the highest nitrate levels in the country. Predictions are that these already high levels will continue to rise steadily over the next ten to twenty years.

The major sources of drinking water in East Anglia are lowland rivers and groundwater. Both have been heavily polluted by the massive use of inorganic nitrogen fertilizer which runs off into ditches and streams during heavy rainfall and also seeps slowly down through the bedrock to reach underground water tables. The application of inorganic fertilizer has increased tenfold since the early 1960's and now approaches two million tonnes per year. Ploughing of grassland and sewage works discharge into slow moving rivers also adds to the problem.

The Standing Technical Advisory Committee (STAC) on water quality carried out a study of water supplies in the U.K. In East Anglia, average nitrate levels of fifty milligrams per litre (mg/l) had been exceeded in nearly a fifth of groundwater supplies. Sixteen sources with over 100 mg/l had been taken out of supply. More seriously, other studies have shown that the massive increase in the application of nitrogen fertilizer in the 1960's and 1970's, and which forms the 'nitrate front' which is slowly seeping downward in the soil, has yet to reach the water table. Some scientists have referred to this as the 'nitrate time bomb'.

The news on East Anglian rivers is just as serious. Moni-

toring of the Stour, which STAC finds is reasonably representative, revealed that nitrate levels exceeded 50 mg/l on four hundred days during 1974-77. With a predicted rise in nitrate concentrations of 8 to 13 mg/l in the next ten to twenty years, East Anglian rivers could exceed the upper World Health Organisation limit of 100 mg/l by the end of the 1980's.

These figures should be set against those contained in the EEC legislation. The Guide Level, which the EEC sets as the 'desirable' limit, is 25 mg/l. The Maximum Admissible Concentration is 50 mg/l. Above this level, Water Authorities must apply via the DoE for a Derogation, which can only be granted on two grounds, neither of which apply in the U.K.

Faced with this apparently insoluble problem, the DoE and the Water Authorities are conniving to breach the spirit of the legislation, and possibly the letter. There are subtle moves afoot to cast doubt on the basis of the EEC limits. There is undoubtedly conflicting evidence on the health effects of high nitrate levels, but a lot of research still needs to be done before anything like a final answer is forthcoming. In particular the complex interactions which form carcinogenic nitrites from nitrates in the body are not fully understood. The body load of nitrates can also be increased through consumption of vegetables grown with high levels of inorganic nitrogen. Some meat products are preserved with nitrites, and certain drugs can combine nitrates in the stomach to form nitrites.

We are approaching a crucial period in the battle to preserve unpolluted supplies of drinking water. Solutions are possible, but depend on heavy investment in water cleansing systems and controls (via levies) on Agribusiness to encourage a reduction in the use of nitrogen fertiliser. Maximum pressure must be brought to bear on the DoE and Water Authorities in the next few weeks.

Bob Allen

TREE SURGEONS

CONSULTANTS AND
SUPPLIERS OF
TREE STOCKS

LANDSCAPE GARDENERS



EASTERN LANDSCAPE SERVICE

2 cu. yds. approx.	Ken Hewitt
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Dry cord	£20 Mick Nixon
Green cord	£15 Histon 2206



Baby Milk Action Coalition

Rachel O'Leary, from the local La Leche League (see Greenwave 5) writes about the campaign to stop baby milk manufacturers using excessive promotion, especially in the Third World, to promote their products.

PROMOTION OF ARTIFICIAL BABY MILKS: GOOD NEWS AND BAD NEWS

The Nescafe boycott ended on 29 September last year, following a six-month trial period when Nestle's marketing policies for their range of artificial baby milks were reviewed in the field. Nestle also presented some last minute written undertakings. Over its seven year history, the Nestle boycott spread to ten countries around the world, leading Nestle to stop media advertising of its infant formula products in most countries, end the use of mothercraft nurses, stop personal gifts to health workers, and agree to replace promotional materials and labels.

Nestle has now agreed to abide by the WHO code of marketing of breastmilk substitutes in all countries of the world, and to stop giving away free samples of milk powder. A boycott committee official commented: "Although the company's policies are changing quickly, its practices in the field are much slower to change." None the less, she summed up the success of the boycott like this: "...citizens' groups have been able to bring about changes in unacceptable marketing practices of a major transnational corporation. More importantly, a process has been established to allow for further changes to be negotiated."

"The institution of the boycott, with the support of the socially concerned, posed fundamental questions not only for Nestle but for the concept of multinational business enterprise as a legitimate and useful force in the world." This is the perception, not of a critic of multinationals, but of Rafael D. Pagan Jr., President of the Nestle Coordination Center for Nutrition, Inc. ("Resolving the Nestle Boycott: 1977-1984" IPRA Review Aug. '84) He later acknowledges that "...business will have to

open its spirit, admit its humanity, and acknowledge that its presence in a community where it is welcome and where it is given the privilege to create wealth and profits implies acceptance of a broad array of responsibilities to that community and to the larger world around us. In my view, business is going to have to become less secretive and to give clear reasons for any steps it takes that appear to harm employees or communities. I believe Business is, for example, going to have to give notice and to consult with a community before shutting down a factory. And I am convinced it is going to have to acknowledge some special rights, based on length of tenure, in a job or tenancy..."

In this way the boycott, and the negotiations arising out of the confrontation, have served to reveal the human face of the people involved in business, both to themselves and to the larger world; and also enabled them to humanise the projects on which they work. A concerned multi-national which is sensitive to the needs of the community in which it operates has to be better than an old-style multi-national: whether it is good enough, I leave to you to debate.

This is a fantastic achievement for all those who took part in the boycott. In this country, the participating group is Baby Milk Action Coalition, whose head office is in Cambridge. A list of interesting books, reprints and pamphlets is available from BMAC, 34 Blinco Grove, Cambridge (send s.a.e. for publications list).

So much for the good news ... MEANWHILE ...

"Enfamil is the 'house formula' at Metropolitan Hospital in the Philippines. Hospital policy prescribes bottlefeeding with Enfamil because Mead Johnson (Bristol Myers) has donated all of the equipment and cribs in the nursery since the hospital was built in 1968, to the present. In June, the company gave P\$8,000 for the purchase of 43 nurses and staff uniforms. Not surprisingly, a continuous supply of Enfamil is also given to the hospital, about 24 (400g) tins per month for the 45 newborns. Breastfeeding is practically non-existent, bottlefeeding is routine at this hospital.

"In Peru, Wyeth began for the first time to provide large quantities of free milk supplies to Peruvian hospitals in March '84, just two months after Nestle agreed to stop this practice. AHP/Wyeth is attempting to capture a public hospital market that has been Nestle's for years, by taking advantage of

Nestle's promise.

"In Hong Kong, Cow & Gate product sheets intended for mothers include pack shots. The graphic preparation instructions are extremely confusing. They show cleaning the bottle after preparing the milk, not before. They do not show boiling the water for mixing the milk, nor sterilizing the bottles..."

These are just a sample of the 400 violations of the WHO code discovered by IBFAN during just two months last year. Companies breaking the code were Abbott/Ross, Bristol/Myers, Co-operative Condens Fabrick, and Nestle. These examples are taken from "Breaking the Rules in 1984", available from BMAC. Publicity about these violations is the first step in putting pressure on the companies involved to comply with the WHO code.

In Britain, at the time of writing, the Code Monitoring Committee is yet to meet. When it does so, it will be considering examples of code violations sent in by members of the public, as well as voluntary organisations. A mountain of mail is needed to cover the mountain of code violations current in this country. The red leaflet "What are they doing in your region" is enclosed with this copy of Greenwave. You could tuck this in your coat pocket now, and refer to it as you visit your local clinic or chemist's shop. It is a simple guide to the rules, with a checklist. When you notice Code violations, write to this address, giving all the details: Heather Paine, Secretary to the Code Monitoring Committee, c/o Food Manufacturers' Federation, 6 Catherine Street, London WC2B 5JJ. It is urgent that they have plenty to chew over at their first meeting, so the sooner the better, but they will be meeting regularly, and so it's also necessary to keep up the stream of letters. Have you friends abroad? Send them a copy of the red leaflet. If you go abroad on holiday, violation spotting could add a new dimension to your sight-seeing. My seven year old daughter is already an expert bottle-spotter, and often points out violations with whoops of glee "They're not allowed to do that!" Fill in the red leaflet yourself, too, and send it to the address on it. Write to your M.P.

These simple actions will help to protect mothers who want to breastfeed from pressure to bottlefeed. It is time that mothers' voices were heard, and time that mothers' rights were respected.

Rachel O'Leary ●

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got the newsletter blues??

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NEWSLETTER VETTOR

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THAT GREENWAVE
COULD DO THE
JOB BETTER "

Fed up to the fingertips
with bashing out unreadable
stencils for your organisation's
members?



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why not get in touch and talk about
how we can help each other.

Ring GREENWAVE on Cambridge 861749

Environmental Education

EDUCATION FOR ENVIRONMENTAL REDEMPTION



"What would the world be once bereft
Of wet and wilderness, let them be left.
Oh, let them be left, wildness and wet,
Long live the weeds and the wilderness yet."

Gerard Manley Hopkins

There is no need, I trust, to catalogue the series of ecological disasters inflicted by humankind. Our attempts to attenuate this destruction can usually be likened to those of people who reject food full of 'E's in favour of so-called wholefoods grown by impoverished people living in countries where starvation is rife - i.e. we shift or change the problem, but do not overcome it. There is a great need to effect some sort of change in ourselves in order that we may move towards a change in our relationship with our environment. To achieve this we need to re-evaluate our environmental education because it is patently obvious that, if judged in terms of reduction of eco-cide, it has failed.

I argue that the reasons for the failure of environmental education lie in that, as practised, it reinforces a feeling of separation between the child and the environment. If an holistic view is preached, it is preached intellectually, academically, and does not appeal to the feeling nature of the child. That this separation - physical and spiritual - exists has long been recognised. Shelley wrote:-

"Away, away from men and towns
To the wild wood and the downs,
Where the soul need not repress its music
Lest it should not find
An echo in another's mind."

Nowadays many cannot find that echo, even in the wilderness. "Nature" exists on postcards and television. Environmental studies take place in the classroom or, at best, the playground (with perhaps the rare 'field trip'). Environmental studies is concerned with food-webs, energy flows, nutrient cycles, and such like. It is like teaching an alien subject in an alien manner. It is useless to try to teach young children about something of which they have little experience if this is done in an intellectual way. Unless we can give young children a loving awareness of the natural environment, environmental education is doomed to fail for it will have no foundations upon which to build.

Very young children identify with the World of the Faerie. They will respond to stories about the four elemental beings - the Gnomes who work in the earth to bring nutrients to the roots of the plants - the Undines who are found where



water meets air, and who work with saps of plants - the Sylphs of air and light working with the Undines, and rejoicing in the music they find in the wake of birds in flight - the Salamanders or Fire-elementals bringing warmth to the earth and its fruits, their role in pollination, etc. And who is to

say that these beings do not lie behind the physical image which most of us mistakenly assume to be the whole world?

Up to about 7 years old we try to imbue the child with a feeling for the goodness of nature. After this age we begin to emphasise the beauty, for it is with this facet that they will most easily identify. We can approach this through artwork and through stories about nature - e.g. the feelings, thoughts, fears and hopes of an hazelnut from ripening to germination. As the children get older they can study animals, and later plants, in a loving and artistic way.

At puberty when there is a greatly heightened consciousness of their own bodies, we may teach about this. From here on we can gradually become more intellectual in our approach, building upon the foundations which we laid in the early years. It may be pertinent, or at least amusing, to evoke memories of gnome stories when teaching nutrient cycles! We begin to appeal to the developing morality during this period of adolescence. It is undoubtedly possible to appeal to the intellect before adolescence, but this will likely produce an internal "hardening" which can work against that which we are trying to achieve.

A most important thing is that we do not teach "Environmental Studies". It is a paradox to preach that all things are related, and then to separate that part of our teaching which concerns the inter-relationships! The environment can express itself in the arts, the sciences, language, drama, mathematics, physical education, religious education - in fact in every subject - if we allow it, if we teach all subjects in an holistic manner. Again, it is a paradox to preach holism if the majority of our teaching is infested with reductionism in both content and method.

Finally, the teacher must develop the feeling as well as the intellectual understanding for the environment, for the place and role of humankind. Man the Destroyer or Man the Redeemer? We have free choice!

Steve Tonkin



Molesworth Update



CND has

This article was pasted up and ready to go to press when news of the military raid on Molesworth Rainbow Village Peace Camp came through. We have just listened to Michael Heseltine expressing quiet satisfaction at the success of what the BBC described as "our biggest military operation since the war".

As a response to the Ghandi-style Peace Village with it's inter-faiths Peace Chapel the very scale of this 'iron fist' response, involving "one and a half thousand troops and a substantial force of police" leaves us lost for words.

Right now there seems to be nothing fit

to say.....

I do wonder which side

Take the Pledge - Defend Molesworth against Cruise Now. Leaflets available from CND and affiliated groups. Those who have signed it make themselves available to come to Molesworth one day a week (according to the part of the country they live in); usually local groups organise transport. Buses have started coming for their days; although there's no fence to pull down yet, there's plenty to do - building jobs, gritting paths, organising some activity for the children - the scope for initiative is endless! and takes some pressure off the peacecampers.

A working party met at CND headquarters recently to discuss how to get people to Molesworth when the fence starts to go up, to take it down every day! Details from local CND groups or CND 11 Goodwin St, London N4 3HQ. 01-263 0977. Pledge leaflets £1 per 100 from CND London.

Forthcoming Events

March 28 - Sizewell to Molesworth March

April 5-8 - Easter at Molesworth; CND is planning three Easter marches to Molesworth.

Eirene - All Faiths' Peace Chapel.

A Roof Appeal to raise £1,000 by the end of March has been launched. Donations to 'Eirene' Project c/o Old School, Clopton, Kettering, Northants. NN14 3DZ.

A Work Camp is to be held from Sat. March 30 - Fri. April 5 to put the roof on. Please help.

ABSORBED

Ploughshares - Wheat for the Starving.

The Sudanese freighter "Dongola" arrived in Eritrea and unloaded the 20 tonnes of wheat and other foods that were gathered by the Molesworth campaign. The three acres of winter wheat planted in October have come up, but the Campaign can no longer take on responsibility for planting on such a large scale, so groups who are interested in sowing seed crops for Eritrea on Molesworth airfield need to sign up for an allotment. Projects under way are: ALLOTMENTS FOR ERITREA; ADVENTURE PLAYGROUND; plans for construction of an HIROSHIMA MEMORIAL and a MUSEUM OF WAR AND PEACE; also a TREE FARM. Details for these from Old School, allotments only from Chris Hardy, 4 Hobart Street, Leicester LE2 0JS. 0533 586149.

Working Weekends at Molesworth

Information from Molesworth International Workcamps c/o Old School, Clopton, Kettering, Northants. Tel. 08012 257. Every weekend between now and Easter. See Events.

Alconbury News

Reclaiming the Base - 18 arrests resulted in 11 charges: information from Alconbury and Defence Committee, c/o 54 Allison St, Digbeth, B5, or 181 Hichcliffe, Orton Goldhay, Peterborough PE2 0ST.

Molesworth People's Peace Camp Warren Lane, Fay Way, Clopton, Kettering, Northants. NN14 3DZ.

Molesworth Rainbow Fields Village. Peace Corner, Old Weston Rd, Brington, Nr. Huntingdon, Cambs. PE17 5SE.

For either camp, Come Prepared!

Warm clothing, don't expect to use Rainbow Fields Food Kitchen. Be as self-sufficient as possible. There is running water at Rainbow Fields, but a serious difficulty in obtaining firewood, and shop supplies are at a minimum. Bring Wellies!

The Molesworth Bulletin - monthly by subscription. Donation minimum £2 for a year (actual cost about £3) to Peace Corner address.

Hypnotherapist

JILL MAGUIRE
B.Ed (Hons)
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STRESS MANAGEMENT
STUDYING ABILITY
NATURAL HEALING
PAIN CONTROL
PHOBIAS-RELAXATION
SELF-HYPNOSIS etc

Greenwave People

Changes afoot at Greenwave. Short history: Lyn and Mark, who first brought out the Whole Person Newsletter and then issues 1 and 2 of Reality Checkpoint, joined with Mike and Mo who were talking green networks a year ago, and brought out Issue 1 of Greenwave. Lowana and Rosie also joined the team. Mo's contribution has gradually phased out and she's now in Canada. Lyn has always put together the Natural Health section, but with increased pressure on her time, particularly from the Natural Health Information Centre, she has now withdrawn. Her contribution to the magazine has been central, and it wouldn't be what it is today without her. So many thanks to Lyn, and best of luck with your new ventures.

Joan, Gill and Linda have started to learn the ropes and fit a bit of help into their busy lives, and Steve has taken on the events and directory section. Mark, bless him, continues to hold the fort and balance the books. Greenwave is a year old, and is becoming widely accepted as the voice of the Cambridge alternative.

Whither from here? We would like groups to approach us who would be interested in using the magazine as their newsletter. We would like to expand subscriptions (now handled by Jo) because servicing a large number of retail outlets is prohibitively expensive and doesn't cover its costs. So do take out a sub; it doesn't cost any more, but it means more to us. As Mike and Rosie have a baby and can't work on the magazine at the same time, we need someone to help with typing during paste-up week. The next editorial meeting will be 15 April (copy date 1 April); you're welcome to come and join in or just make contact with us and listen; please phone Mark beforehand (861749).

Keep on sending us your articles, events and subscriptions! Many thanks for your support, whatever your path to Ecotopia.

Greenwave Guide to



Food Additives

Ever wondered what those E numbers on food labels mean? Well E numbers are serial numbers which can be used on food labels as alternatives to the specific names of additives. E numbers were given to food additives in general use by the E.E.C. so that they would be internationally recognised. They are also used so manufacturers do not have 'clutter labels' with long chemical names. However, some manufacturers prefer to use a generic name such as preservative or antioxidant which may not be so off-putting to the consumer as the long chemical name. Some manufacturers also give both the E number and a short explanation of its role. For instance, some wrapped wholemeal bread contains labels such as : wholemeal flour, water, yeast, salt, hydrogenated vegetable oil, dried glucose syrup, emulsifier E472(e) (improves the eating qualities of the bread) preservative E280, E281 (inhibits mould during warm weather) Other manufacturers will just list the E numbers-perhaps in the vain hope that no-one will know what they are.

Free E-Codes Pullout Guide

E numbers



Broadly additives fall into the following categories. The E100 series is mainly food colourings, The E200 series is mainly preservatives, E300s are antioxidants and E400s are miscellaneous stabilisers, emulsifiers, gelling agents, anticoagulating agents. However, the Ministry of Agriculture (G.B.) stresses that many food additives have more than one role and the function will differ depending on the food in which it is used. For instance, an additive may act as colouring in one foodstuff and be a preservative when used in another.

The function of preservatives is to prevent growth of moulds, bacteria and yeast, therefore keeping food 'fresh' long after it would naturally have spoiled. Some of the most commonly used preservatives are sulphur dioxide (E220) and sodium nitrite (E250) which are both used in bacon and ham to inhibit development of harmful bacteria and increase shelf-life. The nitrate and nitrite additives also give a characteristic pink colour and flavour. They are under suspicion as sources of carcinogenic compounds in the stomach when reacting with other food components or bacteria.

Antioxidants are used to prevent food containing fats and oils from developing the smells and tastes associated with rancidity. Snack foods like crisps and other fried foods are fried in oils containing antioxidants like butylated hydroxytoluene (BHT) which is E321. BHT inhibits oxidation by air of the oil on the crisps and thus rancidity. BHT and butylated hydroxyanisole (BHA, E320) are among additives like colourings tartarazine (E102), sunset yellow, FCF and orange yellow, FCF and orange yellow S (E110), amaranth (E123) and ponceau 4R or cochineal red A (both E124) which have provoked hyperactive responses in children sensitive to food chemical additives. They may also effect people susceptible to catarrh, dermatitis, asthma or with similar sensitivities.

Colourings may be used to disguise poor manufacturing processes. For instance, when peas and strawberries are canned the process involves 'cooking' which dulls the natural colour of the products, so manufacturers add colours like green S (E142) to peas or ponceau 4R (E124) to strawberries. In response to criticism that the practice is unnecessary food manufacturers reply that khaki-coloured peas and brown strawberries do not sell and that they will continue to use colourings until an alternative is found.

Flavourings are not listed as E numbers, but their presence must still be declared on labels. The wording of the label is designed to

avoid misleading the consumer. Strawberry yoghurt, for example can only be called strawberry or strawberry flavoured yoghurt, or have a picture of strawberries on the label if its flavour comes mainly from real strawberries. If it tastes of strawberries, but the flavour is mainly from a flavouring, it must be called strawberry flavour yoghurt.

Flavour enhancers are like flavourings, devoid of E numbers. Monosodium glutamate falls into this category. It is used to enhance the flavour of prepared meats and savoury products. Some people experience physical reactions to monosodium glutamate, including headaches, dizziness and nausea. Salt is another flavour enhancer that is not listed under an E number, but its presence must be indicated on the food label, as salt or sodium. Saccharine and sorbitol, the artificial sweeteners, also fall into this category.

All the sodium additives, like monosodium glutamate, add extra salt to the food and as most people's diet contains two or three times more salt than is needed (and because excess salt can exacerbate high blood pressure and obesity) it is one of the additives, although more 'natural', that many people may want to avoid. All 'sodium' additives push up salt consumption.

The labels on most prepackaged foods contain a complete list of the ingredients in descending order of weight, including water if it makes more than five per cent of the weight of the finished product. Therefore food additives come at the bottom of the list.

The additives that are allowed in British foods are controlled under the Food and Drugs Act and the Minister of Agriculture, together with the Secretary of State of Social services, has power to make regulations controlling their use. New additives or reviews of additives are made by the Food Additives and Contaminants committee (FACC). The FACC invites evidence from interested parties and assesses the need for the new additive. If it is established the FACC then considers evidence of safety from DHSS advisory committees, which have often received reports from trials which included feeding animals.

There is however, no evidence about the interaction of chemical additives in the body or evidence of safety from long-term use in the diet. A wholefood diet would also prefer fresh foods that have not been kept fresh long after they would naturally have staled, or be coloured to disguise the fact that the ingredients might not be top quality or might have reduced nutritional value from over-processing.

FOOD ADDITIVES AND COLOURINGS

The additives and food colourings and their effects listed below were published by the Hospital Centre of Chaumont, France following information given by the Research Centre Hospital of Villejuif, France to draw the attention of all consumers to the effect of these additives used in the food industry.

EI00	Curcumin	Harmless
EI01	Riboflavin or Lactoflavin	Harmless
EI02	Tartrazine	Dangerous
EI03		Forbidden
EI04	Quinoline Yellow	Suspicious
EI05		Forbidden
EI10	Sunset Yellow FCF or Orange Yellow S	Dangerous
EI11		Forbidden
EI20	Chochineal or Carminic acid	Dangerous
EI21		Forbidden
EI22	Carmoisine or Azorubine	Suspicious
EI23	Amaranth	Very dangerous
EI24	Ponceau 4R or Cochineal Red A	Dangerous
EI25		Forbidden
EI26		Forbidden
EI27	Erythrosine 8S	Dangerous
EI30		Forbidden
EI31	Patent Blue V	Cancerigenous products
EI32	Indigo Carmine or Indigotine	Harmless
EI40	Chlorophyll	Harmless
EI41	Copper complexes of chlorophyll and chlorkhyllins	Suspicious
EI42	Green S or Acid Brilliant Green BS or Lissamine Green	Cancerigenous products
EI50	Caramel	Suspicious
EI51	Black PN or Brilliant Black BN	Suspicious
EI52		Forbidden
EI53	Carbon Black or Vegetable Carbon	Suspicious
EI60(a)	alpha-carotene, beta-carotene, gamma-carotene	Harmless
EI60(b)	annatto, bixin, norbixin	Harmless
EI60(c)	capsanthin or capsorubin	Harmless
EI60(d)	lycopene	Harmless
EI60(e)	beta-apo-8'-carotenal (C30)	Harmless
EI60(f)	ethyl ester of beta-apo-8'-carotenic acid (C30)	Harmless
EI61(a)	Flavoxanthin	Harmless
EI61(b)	Lutein	Harmless
EI61(c)	Cryptoxanthin	Harmless
EI61(d)	Rubixanthin	Harmless
EI61(e)	Violaxanthin	Harmless
EI61(f)	Rhodoxanthin	Harmless
EI61(g)	Canthaxanthin	Harmless
EI62	Beetroot Red or Betanin	
EI63	Anthocyanins	Harmless
EI70	Calcium carbonate	Harmless
EI71	Titanium dioxide	Suspicious
EI72	Iron oxide and hydroxides	
EI73	Aluminium	Suspicious
EI74	Silver	Harmless
EI75	Gold	Harmless



E180	Pigment Rubine or Lithol Rubine BK	Suspicious
E181		Forbidden
E200	Sorbic Acid	Harmless
E201	Sodium sorbate	Harmless
E202	Potassium sorbate	Harmless
E203	Calcium sorbate	Harmless
E210	Benzoic acid	Cancerigenous products
E211	Sodium benzoate	Cancerigenous products
E212	Potassium benzoate	Cancerigenous products
E213	Calcium benzoate	Cancerigenous products
E214	Ethyl 4-hydroxybenzoate	Cancerigenous products
E215	Ethyl 4-hydroxybenzoate sodium salt	Cancerigenous products
E216	Propyl 4-hydroxybenzoate	
E217	Propyl 4-hydroxybenzoate sodium salt	Cancerigenous products
E218	Methyl 4-hydroxybenzoate	
E219	Methyl 4-hydroxybenzoate sodium salt	
E220	Sulphur dioxide	Destruction of Vit. B12
E221	Sodium sulphite	Intestine disturbance
E222	Sodium hydrogen sulphite	Intestine disturbance
E223	Sodium metabisulphite	Intestine disturbance
E224	Potassium metabisulphite	Intestine disturbance
E226	Calcium sulphite	Intestine disturbance
E230	Biphenyl or Diphenyl	Skin disturbance
E231	2-Hydroxybiphenyl	Skin disturbance
E232	Sodium biphenyl-2-yl oxide	Skin disturbance
E233	2-(Thiazol-4-yl) benzimidazole	Skin disturbance
E236	Formic acid	Harmless
E237	Sodium formate	Harmless
E238	Calcium formate	Harmless
E239	Hexamine	Cancerigenous products
E240		Suspicious
E241		Suspicious
E250	Sodium nitrite	Blood pressure incidents
E251	Sodium nitrate	Blood pressure incidents
E260	Acetic acid	Harmless
E261	Potassium acetate	Harmless
E262	Sodium hydrogen diacetate	Harmless
E263	Calcium acetate	Harmless
E270	Lactic acid	Harmless
E280	Propionic acid	Harmless
E281	Sodium propionate	Harmless
E282	Calcium propionate	Harmless
E283	Potassium propionate	
E290	Carbon dioxide	
E300	L-Ascorbic acid	Harmless
E300	Sodium-L-ascorbate	Harmless
E302	Calcium-L-ascorbate	Harmless
E303		Harmless
E304	6-O-Palmitoyl-L-ascorbic acid	Harmless
E305		Harmless
E306	Extracts of natural origin rich in tocopherols	Harmless
E307	Synthetic alpha-tocopherol	Harmless



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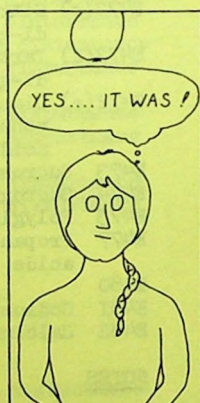
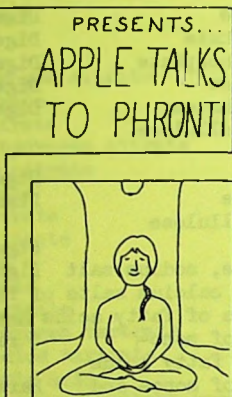
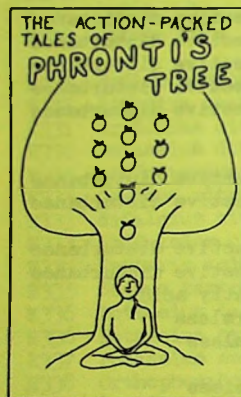
E308	Synthetic gamma-tocopherol	Harmless
E309	Synthetic delta-tocopherol	Harmless
E310	Propyl gallate	
E311	Octyl gallate	Skin rash
E312	Dodecyl gallate	Skin rash
E320	Butylated hydroxyanisole	Cholesterol
E321	Butylated hydroxytoluene	Cholesterol
E322	Lecithins	Harmless
E325	Sodium lactate	Harmless
E326	Potassium lactate	Harmless
E327	Calcium lactate	Harmless
E330	Citric acid	Cancerigenous products
		Cold sores
E331	Sodium dihydrogen citrate	Harmless
E331	diSodium citrate	Harmless
E331	triSodium citrate	Harmless
E332	Potassium dihydrogen citrate	Harmless
E332	triPotassium citrate	Harmless
E333	Calcium citrate	Harmless
E333	diCalcium citrate	Harmless
E333	triCalcium citrate	Harmless
E334	Tartaric acid	Harmless
E335	Sodium tartrate	Harmless
E336	Potassium tartrate	Harmless
E336	Potassium hydrogen tartrate	Harmless
E337	Potassium sodium tartrate	Harmless
E338	Orthophosphoric acid	Digestive disturbance
E339(a)	Sodium dihydrogen orthophosphate	Digestive disturbance
E339(b)	diSodium hydrogen orthophosphate	Digestive disturbance
E339(c)	triSodium orthophosphate	Digestive disturbance
E340(a)	Potassium dihydrogen orthophosphate	Digestive disturbance
E340(b)	diPotassium hydrogen orthophosphate	Digestive disturbance
E340(c)	triPotassium orthophosphate	Digestive disturbance
E341(a)	Calcium tetrahydrogen diorthophosphate	Digestive disturbance
E341(b)	Calcium hydrogen orthophosphate	Digestive disturbance
E341(c)	triCalcium diorthophosphate	Digestive disturbance
E400	Alginic acid	Harmless
E401	Sodium alginate	Harmless
E402	Potassium alginate	Harmless
E403	Ammonium alginate	Harmless
E404	Calcium alginate	Harmless
E405	Propane 1,2-diol alginate	Harmless
E406	Agar	Harmless
E407	Carrageenan	Digestive disturbance
E408		Harmless
E410	Locust bean gum	Harmless
E411		Harmless
E412	Guar gum	
E413	Tragacanth	Harmless
E414	Acacia or Gum Arabic	Harmless
E415	Xanthan gum	

E420(i) Sorbitol	Harmless
E420(ii) Sorbitol syrup	Harmless
E42I Mannitol	Harmless
E422 Glycerol	Harmless
E440(a) Pectin	
E440(b) Pectin, amidated	
E450(a) diSodium dihydrogen diphosphate	Digestive disturbance
E450(w) tetraSodium diphosphate	Digestive disturbance
E450(a) tetra Potassium diphosphate	Digestive disturbance
E450(a) triSodium diphosphate	Digestive disturbance
E450(b) pentaSodium triphosphate	Digestive disturbance
E450(b) pentaPotassium triphosphate	Digestive disturbance
E450(c) Sodium polyphosphates	Digestive disturbance
E450(c) Potassium polyphosphates	Digestive disturbance
E460(i) Microcrystalline cellulose	
E460(ii) Powdered cellulose	
E46I Methylcellulose	Digestive disturbance
E463 Hydroxypropylcellulose	Digestive disturbance
E464 Hydroxypropylmethylcellulose	
E465 Ethylmethylcellulose	Digestive disturbance
E466 Carboxymethylcellulose, sodium salt	Digestive disturbance
E470 Sodium, potassium and calcium salts of fatty acids	
E47I Mono and di-glycerides of fatty acids	Harmless
E472(a) Acetic acid esters of mono- and di-glycerides of fatty acids	Harmless
E472(b) Lactic acid esters of mono- and di-glycerides of fatty acids	Harmless
E472(c) Citric acid esters of mono- and di-glycerides of fatty acids	Harmless
E472(d) Tartaric acid esters of mono- and di-glycerides of food fatty acids	Harmless
E472(e) Diacetyltartaric acid esters of mono- and di-glycerides of fatty acids	Harmless
E473 Sucrose esters of fatty acids	Harmless
E474 Sucroglycerides	Harmless
E475 Polyglycerol esters of fatty acids	Harmless
E477 Propane I,2-diol esters of fatty acids	Suspicious
E480	Harmless
E48I Sodium stearoyl-2-lactylate	
E482 Calcium stearoyl-2-lactylate	



NOTES

Harmless Harmless products
 Forbidden Forbidden by the Health Minister on Jan I, 1977 (France)
 Suspicious Suspicious products with side effects,
 Destruction of Vitamins BI2 (nervous systems balance)
 Blood pressure incidents (cooked meats)
 EI23-amarant, very dangerous, prohibited in USSR and USA





"Tofu is yet another guise!"

TASTY TOFU

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Tofu Spinach Pie (serves 4-6)

Pre-heat oven to 400°F.

Have ready: 1 pkt (10 oz) frozen spinach, steamed
1 partially baked 9" pie shell

Sauté together until soft:

1/3 cup oil
1½ cups onions, chopped

Add and sauté for 2 minutes more the steamed spinach.

Mix this together with:

1½ lb Tofu, crumbled
1 tsp garlic powder
1 tblsp lemon juice
1½ tsp salt

Pour into a partially baked pie shell, bake for about 30 minutes, until crust is golden.

Tofu Spaghetti Balls

¾ lb tofu, mashed

½ cup flour or bread crumbs or rolled oats

1½ tblsp peanut butter

3 tblsp soy sauce

½ cup fresh parsley, finely chopped

1 small onion chopped fine

½ tsp dry mustard

1/8 tsp black pepper

Roll into 1½" balls. Roll balls in flour and fry in ½" of oil over medium heat until browned all over. Serve with spaghetti and tomato sauce.

Information courtesy of The Regular Tofu Co Ltd, 16 The Halfcroft, Syston, Leicester LE7 8LD. More recipes and cookery books available from them.



INTERCROPPING



Most of us have heard of intercropping, and have a notion of what it is, but not how it works, nor exactly how the crops should be planted. At the Department of Applied Biology research has been going on for the past 10 years into why intercropping can substantially reduce insect pest damage on vegetables, and what layout is required for the effect to work. Dr. T. Coaker is in charge of the project, and I went along to see him and discover what his findings were.

Unlike many entomologists who work on pesticides for pest management, Dr. Coaker is basing his work on an ecological approach. "One ecological theory is the more diverse a system is, the more stable the system is also. My interest was the application of an ecological principle to an agricultural situation. Diversity produces stability, the stability being a low level of pests. We are testing this out and explaining the mechanisms.



"Mixed cropping is traditional in tropical countries for various reasons, that are to the advantage of the subsistence grower. There's a whole series of international research stations around the world now and they are looking at improving their systems as against, say, introducing Western systems to their methods of farming. One of the improvements would be with intercropping. Most of the work that's done on that is by agronomists, and entomologists would come in occasionally. If you grow these things as a sole crop you get far more insects on it than if you grow it as a mixed crop. I'm interested in these mechanisms and why you get reductions."

So what are these mechanisms? Firstly there is the natural enemies hypothesis i.e. if you have a diverse system you promote the number of predators and parasites, so you get greater natural mortality of the pest population. The three main reasons accounting for this are because (a) with mixed cropping you get earlier cover of the ground, which is an ideal environment for predators like beetles; (b) perennial crops produce greater continuity of nectar and pollen sources which attract parasites; and (c) with a diverse system you've got more food for the predators to feed on should the ones they want to feed on be low in numbers.

The second mechanism is termed resource concentration. This refers to the things that attract insects to a specific plant, and trying to reduce their intensity. For example, if an insect is attracted to a cabbage plant by the sight of the silhouette of the cabbage, if you interplant beans,

the silhouettes of the cabbages are no longer as easily identifiable. The stimuli needed for an insect to go to a plant are sight, smell and taste. The resource concentration can be changed by mixing it up with other plants, either to mask the odour (as with planting onions and carrots together) or to divert the insect (if it lands on the wrong plant).

However, intercropping is an exact science. Dr. Coaker has found with carrots and onions that if they are planted in rows, maximum reduction of carrot fly damage is when four rows of onions are planted to one of carrots, or that the proportion could be lower if the carrots were grown in a block completely surrounded by the onions. Also, the effect only works as long as the onions are actively growing: as soon as the onions stop growing leaves and start to bulb, they are no longer as protective. One way round this is to provide a mechanical barrier as well, as the carrot flies fly at about 2' 6" and lower, e.g. a polythene barrier 2' 6" high round the outside of the onions.

Intercropping brassicas has also been researched by Dr. Coaker. He has found that when the brassicas are interplanted with a similar sized crop (at least, similar size when the cabbage fly is active, which is in the early growing stages), damage is reduced by over 50%. The rows need to be about 50 cm. apart.

Dr. Coaker: "The problem is finding an appropriate intercrop to use, because if you're thinking of brassicas, you've got early summer brassicas, late summer brassicas, or brussel sprouts that go right through. Well, you couldn't use French beans to intercrop with your early summer brassicas because you've got a frost problem ... what we use for cauliflowers is dwarf broad beans which are frost hardy."

Dr. Coaker and his team have shown that intercropping can achieve substantial reductions in pest damage; they have also shown that it is not a haphazard business, but does in fact have to be rather precise in order for the effect to work and for an economic yield to be obtained.

It is encouraging to discover some research which recognises that we can't carry on hammering the planet - we're going to have to start working with Nature, enhancing Natural processes, rather than imposing a purely technological fix.

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THE NATURAL HEALTH SERVICE

A Dream Takes Form

A NATURAL HEALTH INFORMATION CENTRE FOR CAMBRIDGE

Cambridge is soon to have a Natural Health Information Centre - opening two days a week from Friday, 1st March. The aims of the Centre are to provide an information/education service to the public about wholistic health; to provide details of the therapies and therapists available locally; to look at ways of making these therapies more accessible to those who find it difficult to afford such help; and to create a supportive network among practitioners and other members of the Centre.

There are three categories of membership:-

- Registered Membership: for those who are practising natural healing and psychotherapy and who fulfil the criteria for membership
- Associate Membership: for anyone wishing to be involved with the work of the Centre. Associate members will be able to attend the workshops which we hope to arrange with the member practitioners giving talks and demonstrations about their work.
- Friends of the Centre: for those who wish to be on the mailing list only.
- OPENING TIMES: FRIDAYS 2.30 - 4.30 p.m. SATURDAYS 10.30 - 4.30 p.m. at 19 Hamilton Road, Cambridge. Tel. Cambridge 63205. Please do not call in person at this address on other days.
- and TUESDAYS 1.30 - 4.30 p.m. at the Bath House, Gwydir St. Tel. Cambridge 69986 on Tuesday afternoons only

Do drop in if you can, and please think about joining - we need your support.

Further information about the Centre can be obtained by sending a stamped SAE to Lyn Wimmer, N.H.I.C., 37 Victoria Road, Cambridge CB4 3BW. Please state if you'd like (a) just the details about applying for membership, or (b) if you'd like all the info. to date. If (b) an extra 17p stamp would be appreciated to help cover our printing costs.

from

The Women's Press Ltd
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WOMEN'S PRESS

BOOKCLUB

Adrien Abbott

The Women's Press Bookclub was started in 1980 by several women from the Women's Press Publishing Co. It grew mainly by word of mouth and advertisements in Spare Rib but lately they have been experimenting with ads in Cosmopolitan and She magazines to try to widen the spectrum of readers. This produced a good response, particularly from Cosmopolitan.

To join costs £10 as a life member, or £5 as an annual member. This is offset by discounts from 25-65% and 4 books a year must be purchased. (A free book worth £3 may be claimed by introducing another member.)

All books chosen by the Bookclub must pertain to women and they select from 20 different publishers. Last year a questionnaire was sent to all members to widen the range of books and as a result have a focus for each quarterly order form. So far the subjects have been foreign authors, women in history, and the latest, autobiographical. In a year's time they will attempt another questionnaire to keep abreast of the needs of their readers.

The motivation of the bookclub is simply to make women's books available to a larger share of the population and to break away from "preaching to the converted". It is affiliated to the Letterbox Library, a children's non-sexist and multi-cultural bookclub, only on a publicity level where they sent leaflets to their existing members. They also sent leaflets of a new magazine for women called "Everywoman" which has its first issue in March and purports to be "designed by and for women who see themselves - and other women - as an important part of society ..."

I have been an enthusiastic member of the Bookclub for over a year and welcome its new catalogues for their exciting array of fiction, health, politics and historical books.

NETWORKS



ANIMAL WELFARE

* ANIMAL AID Joan Court 74 Sturton St. Cambridge CB1 2QA Tel: C.311828

* BRITISH UNION for ABOLITION of VIVSECTION Sean Gallagher, 10 Station Rd. Waterbeach, Cambs

* CAMBRIDGE RSPB GROUP & YOUNG ORNITHOLOGISTS CLUB Colin Parnell, 59 Manor Gardens, Buckden, St Neots, Hunts. PE18 9TW Tel 0480 810881

* RSPCA Area Community Centre, Newmarket. Tel N.749492 Clinic: Gt Eastern St. Cambridge. Tel C.247986

* WORLD WILDLIFE FUND Miss C D Lewis, 3 Toyse Close, Burwell. Tel. Nwmkt. 741034 SEE ALSO END

BOOKS

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* COMMUNITY RELATIONS COUNCIL Bath House, Gwydir St. Cambridge TEL: C.60333

* COMMUNITY EDUCATION Louis Nissim, 439 Lincoln Rd. P'boro. Tel: P.65337 Self help: detached youth work: Ethnic minorities education.

* RAINBOW Mrs A Wright 79 Sootney St. Peterborough Tel: P.66630 (helping ethnic minority women to speak English)

* VOLUNTARY SOCIAL AID Mrs Taylor, 117 London Rd. P'boro. Tel: P.64848 or P.48222

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* ANTI-NUCLEAR CAMPAIGN Alan Hines, 322 Mill Road, Cambridge Tel: C.240293

* CAMBRIDGE ENERGY ACTION Richard Burgess, Bath House, Gwydir St. Cambridge CB1 2LW

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* CHERRY HINTON ENVIRONMENTAL PROTECTION ASSOC. Cllr. Carey Widdows, 71 Kelsy Crescent, Cherry Hinton, Cambridge, CB1 2DU

* CONSERVATION SOCIETY (Cambs) Mrs Helen Thompson Grove Cottage, Grantchester Tel: C.840206

* COUNCIL for PRESERVATION OF RURAL ENGLAND SEC: Miss S Fieldhouse, Gt Eastern House, Tennyson Rd. Camb. CB1 2DU Tel: C.350666 or C.352514 (home)

* COUNCIL for PROTECTION of RURAL ENGLAND Joan Fitch 84 Highsett, Hills Road Cambridge Tel: C.311984

* COUNTRYSIDE COMMISSION Terrington House, Hills Rd Cambridge Tel: C.354462

* ELY SOCIETY Margaret Haynes, Paigles, 5 The Hamlet, Chettisham, Nr. Ely

Cambs. CB6 1SB Tel: E.61579

* FAUNA & FLORA PRESERVATION SOC. Ms Sue Wells, 56 Oxford Rd. Camb. CB4 3PW

* FENLAND ASSOCIATION John Clark, Kennilworth, West Drove North, Walton Hemmingway, Wisbech.

* FRIENDS OF THE EARTH (CAMBRIDGE) Bath House Gwydir St. Tel: C.312800

* FRIENDS OF THE EARTH (PETERBOROUGH) Richard Olive, 8 Beauvale Gardens Gunthorpe, Peterborough.

* NATIONAL CAMPAIGN for CONSERVATION of PLANTS & GARDENS 1 Brookside, Cambrdg * NATIONAL TRUST CAMBRIDGE Mrs E Sargeant, 11 Perrowe St. Cambridge CB1 2AY

* SURVIVAL Cambridge University Environmental Association. Rosy Thornton (Emmanuel) Rosy Thornton (Newham) SEE END LISTING

FOOD

* ARJUNA WHOLEFOODS 12 Mill Road, Cambridge Tel: C.64845

* PETERBOROUGH WHOLEFOOD CENTRE Old Arcade, P'boro. Tel: P.66807

* VEGETARIAN SOCIETY (CAMB) Bernard George, 18 Over Road, Willingham. Tel: Willingham (93) 60571

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* CAMBRIDGE GREEN GROUP c/o. Greenwave or FOE.

* GREENWAVE (P'BORO) Sue & Dave Wardell, East View, Grove Lane, Longthorpe Peterborough. Tel: P.262664

* GREENTOWN GROUP Simon Jackson, The Laurels, High Street, New Bradwell, Milton Keynes.

* HUNTINGDON GREENS 4 Bridge House, St Ives Tel: (0480) 63054

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- * GAY SWITCHBOARD (P'BORO) Tel: P.62789
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- * CAMBRIDGE FOLKLORE SOC. Dr H R E Davidson, Lucy Cavendish Collg. Tel: C.312946
- * EARTH MYSTERIES (P'BORO) Sue & Dave Wardell, East View, Grove Lane, Longthorpe, P'boro. Tel: P.262664 (Discussions on early religions, customs & folklore)

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- * CAMBRIDGE PEACE COUNCIL Frida Knight, 28 Park Parade, Camb. Tel: C.353804
- * CND (CAMP) Denise Servante, 23 Clare Street Tel: C.313566
- * CND (P'BORO) Chairperson Roger Taylor, 8 St Pauls Rd Peterborough Tel: P.48145
- * EAST WEST REACH 9 Marion Close, Cambridge CB3 0HN Tel: C.350917
- * MEDICAL CAMPAIGN AGAINST NUCLEAR WEAPONS (National Office) 7 Tennison Rd. Tel: C.313828. Cambridge Branch Dr Monica Shutter, The Porch, Grantchester Street Tel: C.353162
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WHAT'S ON

All events in Cambridge unless otherwise stated.

FEBRUARY

- Thurs 21 'Campaign against Torture' Amnesty International public meeting, with speaker Sipho Pityana from South Africa. 8 p.m. at Keynes Hall, Kings College.
- Thurs 21 Delegation to East Anglian Defence Headquarters in London about WINTEX NATO exercise taking place 22-23 Feb. Mavis Middleton 246277.
- Fri 22 CCND Ceilidh. Arbury Community Centre, Campkin Rd.
- Fri 22 Corncrakes and other wildlife conservation priorities in the Western Isles. Dr. James Cadbury (RSPB). Main Lecture Theatre, Dept of Zoology. Cambridge Natural History Society.
- 22-24 Molesworth workcamp. Info from Clopton 257.
- Sun 24 FOE bike ride. 10.30 a.m. at the Bath House.
- Mon 25 'Research on Patients and the Doctor-Patient Relationship' Public meeting of Cambridge Society for Social Responsibility in Science meeting, led by Les Goldman. 8 p.m. Friends Meeting House, Jesus Lane.
- Mon 25- 8 pm - 11 pm. Art sale, Fisher Hall, Cambridge
- Tues 26 9 am - 4 pm. On behalf of striking miners.
- Tues 26 FOE AGM 7.30 p.m. Bath House Hall. Followed by talk by Dave Woollan on his recent cycle trip across Europe to Jordan.
- Wed 27 CCND Strategy Meeting. 210239 for details.

Thurs 28 World Wildlife Fund. Filmshow. Wildlife Safari to the Argentine - Los Glaciares National Park & Private Life of the Kingfisher. YMCA Gonville Place. 8 p.m.

MARCH

Fri 1 CCND Committee Meeting. Friends Meeting House. 5.45 p.m.

Sat 2 OXFAM walk for Ethiopia. Details 358758.

Sat 2 CCND Learning Day - 'Influencing the May County Council Elections' Fred Barker of National CND. 10 am - 4 pm Friends Meeting House.

2 - 3 Touch for Health Intermediate Course. Romy Paine 354734.

Tues 5 CCND monthly meeting - Women from the Pacific on Nuclear Free Zones. Plus local campaign activities. Friends Meeting House, Jesus Lane, 7.30.

Thurs 7 Cambridge Housing research seminar. Sam Webb 'Ronan Point and the aftermath of the 1956 Housing Act' Room G1, King's College.

Fri 8 Organising a Women's Health Course. One-day workshop at St. Andrews Community School, Nuffield Rd, Cambridge. 10 - 4.30. £1.50. Contact Lee Adams, Senior Health Education Officer, 'The Shed', Addenbrooke's Hospital, Hills Road.

8 - 10 Molesworth Workcamp. Womens Weekend. Clopton 257.

Mon 11 'Socially Responsible Manufacturing'. CSSRS public meeting, led by Tom Bragg of Delta-T Devices. 8 pm. Friends Meeting House, Jesus Lane.

Mon 11 Billy Bragg concert in aid of Molesworth peace camp. Guildhall. 8 pm.

Wed 13 'The Baby Arrives - the family and the breastfed baby'. La Leche League open meeting, 10 - 12 am. at The Leys, Burwell. Details from Newmkt. 741291.

Wed 13 'The Plutonium Connection' FOE meeting with Mike Grubb of SANA. 8 pm. The Bath House.

Thurs 14 Amnesty International meeting, Friends Meeting House, Jesus Lane. 7.45 pm. 880335 for details.

Mon 18 Peterborough Eco meeting at The Still, Cumbergate. Details Nigel Callaghan P. 239098.

- Sat 23 Street collection for FoE. Mainly in aid of pesticide campaign.
- Sun 24 FoE bike ride. 10.30 am., Bath House.
- Tues 26 FoE monthly meeting. 7.30 Bath House.
- Thurs 28 Start of Sizewell to Molesworth march.
- Apr 5
- Fri 29 Cambridge Buddhist Society. Introduction to Buddhist philosophy. Friends Meeting House, 7.15. (series - last Friday of each month)
- Sun 31 Cycle Action Group. Bike ride 10.30 am. prompt outside Bath House.
- Sun 31 Peterborough - Charities Bazaar at Lady Lodge Arts Centre. All day.

APRIL

- 5 - 8 Easter marches/action at Molesworth
- Wed 10 'The Art of Breastfeeding and Overcoming Difficulties'. La Leche League open meeting, 10-12 am. at 10 The Leys, Burwell. Newmkt 741291 details.
- Wed 10 FoE speaker meeting. Jean Philips on 'The Lifestyle Movement'. 8 pm. The Bath House.
- Thurs 11 Amnesty International meeting, Friends Meeting House, Jesus Lane 7.45 p.m.
- 12 - 21 Open Spring Retreat. Padmaloka Men's Buddhist Retreat Centre. £8.00 per night. 050 88 8112 for details.
- Sat 13 'Intuitive Massage for Women'. A workshop from 2 - 4.30 p.m. at Cambridge Womens Resources Centre. Information/bookings (payable in advance) to Christianne Heal, 1 Saxon St. Tel. 314620 (eves).
- 26 - 28 Padmaloka Men's Buddhist Retreat Centre. Karate and Meditation.

MAY

- Sat 25 Strawberry Fair, Midsummer Common, Cambridge.

* * * * *

Please send us details of your events before April 1. Next issue covers May and June.

